

Urbana Senior Center

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www.FrederickCountyMD.gov/aging

Mostly Right Brain Programs

Artful Creations

Create unique and fun art work!

September 16: Melted Bead Suncatchers

October 21: Shaving Cream Marble Printing

November 18: Autumn Leaf Art

December 9: Sugar Cookie Decorating

Date: One Wednesday per Month
(Register at least 5 days before start)

Time: 1:00 p.m.

Cost: \$5 per participant per day

Watercolor

Explore the art of painting in this class.

Learn about different techniques, styles and artists. The class will be lead by Holly and Alice, two high school National Art Honor Society members.

Date: Tuesdays (registration is on-going)

Time: 3:00-4:30 p.m.

Cost: \$10 for supplies

Music/Dance/Karaoke Night

Get your foot tapping, break out in song, and let loose! The dance floor is open!

Date: First Tuesday of the month,
starting October 6

Time: 6:00-7:30 p.m. **Cost:** Free

Book Club

Do you like to read? Join our book club.

(Right brain activity: interpreting context)

Date: First Monday of every month
(because of the Labor Day the club will
meet September 14)

Time: 1:30 p.m. **Cost:** Free

Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

Date: Thursdays, starting September 10
(6 weeks, pre-registration required)

Time: 1:30-2:30 p.m.

Cost: \$18 per person

Instructor: Mary Ann Williams

Stitching Post

Come knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills. We even have a variety of yarn for your projects!

Date: Mondays

Time: 10:00 a.m.-Noon **Cost:** Free

Date: Tuesdays

Time: 1:00-3:30 p.m. **Cost:** Free

Color This!

Coloring for grownups! It's meditative and relaxing. Coloring requires you to be in the moment and put your worries aside. However, the health benefits go beyond relaxation, and include exercising your fine motor skills and training your brain to focus.

Date: Thursdays

Time: 9:30-10:30 a.m.

Cost: Donation of a coloring book,
colored pencils or crayons